

ABSTRACT OF THE DISCLOSURE

A rink layout and rules of play for speed hockey. The rink defines a substantially square play area, preferably with chamfered corners. A preferred size is approximately eight five feet (26 meters) by one hundred feet (30 meters). Goal creases define an approximately twelve and one half foot (4 meter) radius, and red zones define an approximately thirty two and one half feet (10 meters) in radius. Goals are recessed into dasher boards, and referee positions may be defined above each goal. Each team preferably comprises three players and a goal keeper in play, and an additional three players and one goal keeper in reserve. A team receives one point for goals scored inside the red zone, and two points for goals scored from outside the red zone. Over Time (OT) preferably comprises a first OT period with full teams, a second OT period with a first reduction, and a third OT period with one player for each team.